

YOUR 10 YEAR OLD

POINTS TO REMEMBER

SAFETY

- ♥ **BE A ROLE MODEL** for your child by living a healthy lifestyle, including a neat personal appearance. **SUPERVISE** and **ENCOURAGE** your child to have good hygiene habits.
- ♥ **AVOID** the use of alcohol, tobacco and drugs. **TALK** to your child and make sure your child is educated on substance abuse.
- ♥ **ELIMINATE** tobacco smoke in your child's environment. (The homes of your babysitter, friends or relatives, etc.). **MAKE** your car and home a no-smoking zone.
- ♥ **SUPERVISE** your child's activities with peers and expect your child may make errors in judgment because he/she is trying to imitate peers.
- ♥ **INSTALL** smoke detectors in your home. **CHANGE** the batteries twice a year when the time changes in the spring and fall.
- ♥ **CONTINUE** to make sure your child wears a seat belt correctly when riding in an automobile. **NEVER** allow your child to ride in a vehicle if you suspect the driver has been using alcohol or drugs.
- ♥ **ANTICIPATE** providing less direct supervision.
- ♥ **REINFORCE** and discuss safety rules for swimming pools with your child. **TEACH** or have someone teach him/her how to swim.
- ♥ **MAKE SURE** your child puts on sunscreen before he/she goes outside for long periods of time.
- ♥ **CONTINUE TO TEACH** your child safety rules for the home, including what to do when home alone. Discuss visitors, not tying up the telephone for long periods of time, and what to do in case of a fire or other emergency. Conduct fire drills at home.
- ♥ **MAKE SURE** all guns in the house are locked in a secure place and the ammunition is stored in a separate place. A trigger lock is extra protection that no one can fire your gun.
- ♥ **TEACH** your child neighborhood safety skills. **TEACH** him/her to take precautions when approaching dogs, animals and to use judgement when talking to strangers.
- ♥ **ENCOURAGE** and discuss sports safety with your child including the need to wear protective gear, such as a mouth guard, face protector, or a bicycle helmet.
- ♥ **NEVER** allow your child to operate a lawn mower or motorized power equipment.
- ♥ **IF** you or your child are experiencing emotional, physical, or sexual abuse, **TELL** your health-care provider or call the **ABUSE HOTLINE 1-800-752-6200** for help.

NUTRITION

- ♥ **PROVIDE** three meals a day and **PROVIDE** two to three nutritious snacks a day such as yogurt, fruit, or cheerios. **MAKE** family meal times pleasant, encourage conversation and eat at the table.
- ♥ **LIMIT** sweets and high-fat snacks, such as candy, soft drinks and potato chips. **ENCOURAGE** good eating habits and serve a variety of foods. Use the Food Guide Pyramid to help plan meals and snacks.
- ♥ **MAKE SURE** your child is served a nutritious lunch, either through the school program, or by packing a balanced lunch each day. **TEACH** your child how to eat a balanced diet, choosing plenty of fruits, vegetables, cereals, and other foods with little or no fat.



HEALTHY TEETH

- ♥ ENCOURAGE your child to thoroughly brush his\her teeth twice a day, and to use dental floss daily.
- ♥ GIVE your child fluoride supplements as recommended by their health care provider.
- ♥ TEACH your child how to prevent dental injuries and what to do if a tooth is lost or fractured.
- ♥ SCHEDULE a dental visit for your child every six months, unless his dentist recommends otherwise. As permanent molars erupt, make sure they are evaluated by a dentist for the application of a dental sealant.
- ♥ ENCOURAGE your child not to smoke, chew, or use smokeless tobacco.

CARE and INTERACTIONS

- ♥ PRAISE your child for good behavior. LISTEN to and show respect for your child
- ♥ SHOW AFFECTION in your family; spend individual time with each child, doing activities together you both enjoy. ENCOURAGE reading and hobbies.
- ♥ ENCOURAGE your child to talk about school, friends, his\her activities and feelings. Show interest in your child's activities.
- ♥ MAKE SURE your child understands discipline and family rules.
- ♥ ENCOURAGE your child to play alone as well as with playmates, brothers, sisters, or parents. PROMOTE physical activity in a safe environment. PROVIDE opportunities for your child to socialize with other children (i.e., playgroups, Sunday School, pre-school, or other community activities).
- ♥ USE DISCIPLINE as a method of teaching and protecting, not as a punishment. SET limits which are appropriate for your child and encourage self-discipline.
- ♥ TEACH your child to develop an ability to deal constructively with conflict and anger in the family, at school, and in the neighborhood. PROMOTE positive interactions between the child, his teachers and other adults.
- ♥ ASSIGN your child age-appropriate chores, including responsibility for some household or yard tasks. Make sure adult supervision is provided for all activities. Teach your child to beware of "gangs".

SEXUALITY

- ♥ FOR PARENTS OF GIRLS: Prepare your daughter for menstruation.
- ♥ FOR PARENTS OF BOYS: Prepare your son for wet dreams.
- ♥ PREPARE your child for puberty and sexual development.
- ♥ EXPLORE your child's understanding of sex, sexually transmitted diseases, including HIV/AIDS. BEGIN teaching your child that delaying sexual behavior is the surest form of protection against disease and pregnancy.

Reference: Maternal and Child Health Bureau, *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents*, National Center for Education in Maternal and Child Health, 1994, Arlington, VA.

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